

## ABSTRACT OF THE DISCLOSURE

An image forming method comprises: fixing an image formed by a toner on a record sheet in a nip member formed by a pressurizing member which is compressibly contacted against a heating fixing rotor having an elastic body layer formed on an endless periphery surface capable of orbitally moving and which creates locally a large distortion occurred in the elastic body layer in vicinity of outlet thereof,

wherein the toner includes at least two metal salts having different valence and has a relationship given by the Formula (1).

Formula (1)

$$2.0 \geq a \geq 0.1$$

$$1.0 \geq b \geq 0.01$$

$$7.5 \geq a/b \geq 1.1$$

wherein a (mass %) is defined as a content of a metal salt which is contained at a highest content in total toner mass and b (mass %) is defined as a content of a metal salt which is contained at a second-highest content in the total toner mass, and mass values of a and b represent anhydride reduced values.